

# DAILY FOOD & EXERCISE LOG

Date: \_\_\_\_\_

Time	Food / Drink	Amount	Exercise
7:00 AM			
8:00 AM			
9:00 AM			
10:00 AM			
11:00 AM			
12:00 PM			
1:00 PM			
2:00 PM			
3:00 PM			
4:00 PM			
5:00 PM			
6:00 PM			
7:00 PM			
8:00 PM			
9:00 PM			
10:00 PM			
11:00 PM			

Total Energy Intake: \_\_\_\_\_ kcal  
Total Energy Expenditure: \_\_\_\_\_ kcal